

1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 67: Percentage of Children Receiving Lessons from a Teacher, Coach, or Other Instructor at School (Diary Sample)**

During this school year, have you had any lessons from a teacher, coach or some other type of instructor about: food, nutrition and your health/exercise and your health?

	Percent of Children Receiving	
	Lessons on Food, Nutrition, and Health	Lessons on Exercise and Health
<b>Total</b>	<b>58</b>	<b>67</b>
<b>Gender</b>		
Males	57	67
Females	59	66
<b>Ethnicity</b>		
White	62	69
African American	53	73
Latino	55	64
Asian/Other	56	64
<b>Income</b>		
≤\$19,999	59 **	64
20,000 - \$49,999	52	63
≥\$50,000	64	71
<b>School Type</b>		
Public	57 *	66 *
Other	68	77
<b>Overweight Status</b>		
Not at Risk	64 ***	69
At Risk/Overweight	50	64
<b>Food Stamps</b>		
Yes	46 **	59
No	60	68
<b>Physical Activity</b>		
≥60 minutes	63 **	68
<60 minutes	54	65
<b>School Breakfast</b>		
Yes	48 **	48 ***
No	60	70
<b>School Lunch</b>		
Yes	57	64
No	61	71
<b>Nutrition Lesson</b>		
Yes	N/A	92 ***
No	N/A	31
<b>Exercise Lesson</b>		
Yes	81 ***	N/A
No	14	N/A

No lessons includes "no," "not sure," and "no answer."

A box around a group of numbers signifies that differences observed within the group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 68: Parental Factors for Healthy Eating (Phone Sample)

Do you agree or disagree that this statement describes you?

	Percent of Children in Agreement							
	Your parents buy the types of fruits and vegetables that you like	Your parents eat lots of fruits or vegetables	Your parents ask what school is teaching you about nutrition and health	Your parents tell you why eating healthy is important	Your parents say something nice to you when you eat healthy foods	Your parents drink milk	Your parents buy the brand of breakfast cereal you like	Your parents eat high-fat foods like french fries, chips, or desserts
<b>Total</b>	<b>96</b>	<b>84</b>	<b>62</b>	<b>94</b>	<b>79</b>	<b>80</b>	<b>90</b>	<b>55</b>
<b>Gender</b>								
Males	97	82	58	91 *	77	86 *	88	51
Females	94	85	65	96	80	76	92	58
<b>Ethnicity</b>								
White	95	88 **	62	94	78	86	90	58 **
African American	91	85	39	85	90	79	84	85
Latino	98	76	66	94	79	76	93	49
Asian/Other	92	95	60	97	75	77	87	45
<b>Income</b>								
≤\$19,999	93	67 ***	62	98	85	72	93 *	68 *
20,000 - \$49,999	96	88	64	91	76	82	85	49
≥\$50,000	97	88	60	94	78	84	94	54
<b>School Type</b>								
Public	95	82 **	60	94	78	80	90	55
Other	98	97	74	95	82	80	89	56
<b>Overweight Status</b>								
Not at Risk	95	82	66 **	94	83 **	79	90	52
At Risk/Overweight	96	85	52	93	71	83	91	59
<b>Food Stamps</b>								
Yes	84 **	65 **	44 *	94	86	82	83	77 *
No	96	85	63	94	78	80	91	53
<b>Physical Activity</b>								
≥60 minutes	96	86	53 **	93	77	86 **	90	49 *
<60 minutes	95	81	69	95	80	76	91	60
<b>School Breakfast</b>								
Yes	93	88	57	96	86	90	91	67
No	96	83	62	94	78	79	90	53
<b>School Lunch</b>								
Yes	96	81 *	65	94	81	78	90	58
No	94	88	55	92	74	86	91	51
<b>Nutrition Lesson</b>								
Yes	96	82	66 *	94	80	83	90	52
No	95	85	54	93	77	77	92	61
<b>Exercise Lesson</b>								
Yes	96	82	65	95	80	82	90	53
No	94	86	56	92	76	76	92	59

A box around a group of numbers signifies that differences observed within the group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 69: Personal and Environmental Factors for Healthy Eating (Phone Sample)**

Do you agree or disagree that this statement describes you?

	Percent of Children in Agreement		
	You want to have fruit for an afternoon snack	Your friends at school usually eat healthy foods	You get rewarded at school for completing activities about nutrition
<b>Total</b>	<b>90</b>	<b>66</b>	<b>51</b>
<b>Gender</b>			
Males	90	69	56 *
Females	89	63	46
<b>Ethnicity</b>			
White	88	68	46
African American	91	61	54
Latino	92	67	55
Asian/Other	86	54	51
<b>Income</b>			
≤\$19,999	94	60	47
20,000 - \$49,999	88	70	56
≥\$50,000	89	65	48
<b>School Type</b>			
Public	89	65	51
Other	90	74	52
<b>Overweight Status</b>			
Not at Risk	88	70 *	53
At Risk/Overweight	92	59	49
<b>Food Stamps</b>			
Yes	86	63	60
No	90	66	50
<b>Physical Activity</b>			
≥60 minutes	91	63	52
<60 minutes	88	68	50
<b>School Breakfast</b>			
Yes	90	69	55
No	89	65	50
<b>School Lunch</b>			
Yes	93 **	71 **	51
No	84	57	50
<b>Nutrition Lesson</b>			
Yes	91	66	53
No	86	65	46
<b>Exercise Lesson</b>			
Yes	89	69	58 ***
No	90	59	35

A box around a group of numbers signifies that differences observed within the group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

1999 California Children's Healthy Eating and Exercise Practices Survey

Table 70: Parental Factors for Physical Activity (Phone Sample)

Do you agree or disagree that this statement describes you?

	Percent of Children in Agreement		
	Your parents ask you what school is teaching you about exercise and health	Your parents say something nice to you when you exercise a lot	Your family exercises together by doing things like going to the park, playing sports, or riding bikes
<b>Total</b>	<b>68</b>	<b>78</b>	<b>76</b>
<b>Gender</b>			
Males	66	79	81 *
Females	70	78	72
<b>Ethnicity</b>			
White	70	79	75
African American	49	73	70
Latino	69	77	79
Asian/Other	69	85	77
<b>Income</b>			
≤\$19,999	62	76	75
20,000 - \$49,999	70	77	75
≥\$50,000	70	81	78
<b>School Type</b>			
Public	69	78	75
Other	64	79	85
<b>Overweight Status</b>			
Not at Risk	68	77	79
At Risk/Overweight	70	83	72
<b>Food Stamps</b>			
Yes	54	63 *	69
No	69	80	77
<b>Physical Activity</b>			
≥60 minutes	73	80	78
<60 minutes	65	77	75
<b>Total Minutes PA</b>			
0-29 minutes	59	77	62 *
30-59 minutes	65	76	77
60+ minutes	72	80	80
<b>School Breakfast</b>			
Yes	75	80	71
No	67	78	77
<b>School Lunch</b>			
Yes	68	79	79
No	69	77	72
<b>Nutrition Lesson</b>			
Yes	70	77	78
No	65	80	74
<b>Exercise Lesson</b>			
Yes	73 **	81	78
No	58	73	73

A box around a group of numbers signifies that differences observed within the group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

1999 California Children's Healthy Eating and Exercise Practices Survey

**Table 71: Personal and Environmental Factors for Physical Activity  
(Phone Sample)**

Do you agree or disagree that this statement describes you?

	Percent of Children in Agreement	
	You would rather play outdoors than watch TV right after school or on weekends	You think you're good at most sports
<b>Total</b>	<b>89</b>	<b>75</b>
<b>Gender</b>		
Males	89	82 **
Females	89	69
<b>Ethnicity</b>		
White	84 **	78
African American	79	70
Latino	96	72
Asian/Other	92	75
<b>Income</b>		
≤\$19,999	93	84 *
20,000 - \$49,999	91	69
≥\$50,000	86	76
<b>School Type</b>		
Public	90	76
Other	85	68
<b>Overweight Status</b>		
Not at Risk	89	74
At Risk/Overweight	90	76
<b>Food Stamps</b>		
Yes	79	72
No	90	75
<b>Physical Activity</b>		
≥60 minutes	93 *	86 ***
<60 minutes	86	65
<b>Total Minutes PA</b>		
0-29 minutes	79 *	55 ***
30-59 minutes	89	64
60+ minutes	92	84
<b>School Breakfast</b>		
Yes	82	82
No	90	74
<b>School Lunch</b>		
Yes	90	75
No	89	74
<b>Nutrition Lesson</b>		
Yes	90	78
No	88	70
<b>Exercise Lesson</b>		
Yes	89	75
No	89	74

A box around a group of numbers signifies that differences observed within the group are statistically significant.

Chi Square Test

\* p<.05

\*\* p<.01

\*\*\* p<.001

**1999 California Children's Healthy Eating and Exercise Practices Survey**

**Table 72: Food Consumption Factors among California Children Associated With Behavioral Theories (Phone Sample)**

<b>Food Preference</b>			
You want to have fruit for an afternoon snack	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	90	3.4 **	2.7 **
No	10	2.4	2.1
<b>Modeling</b>			
Your parents eat lots of fruits and vegetables	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	84	3.2	2.5
No	16	3.4	2.8
Your parents drink milk	Percent	Servings of Milk	Percent Who Drank 3+ Servings of Milk
Yes	80	2.1 ***	28 ***
No	20	1.5	8
Your parents eat high-fat foods like French fries, chips, or desserts	Percent	Servings of High-Fat Foods	Servings of High Calorie Low Nutrient
Yes	55	1.0	4.4
No	45	1.0	4.1
<b>Reinforcement</b>			
Your parents say something nice to you when you eat healthy foods	Percent	Healthy Eating Practices Score	
Yes	79	2.6	
No	21	2.6	
Your parents tell you why eating healthy is important	Percent	Healthy Eating Practices Score	
Yes	94	2.6	
No	6	2.4	
Your parent ask you what school is teaching you about nutrition and health	Percent	Healthy Eating Practices Score	
Yes	62	2.6	
No	38	2.5	
Your parents buy the types of fruits and vegetables that you like	Percent	Servings of Fruits and Vegetables	Healthy Eating Practices Score
Yes	96	3.3	2.6
No	4	3.0	2.7

A box around a group of numbers signifies that differences observed within this group are statistically significant.  
Chi Square Test

ANOVA

\*\* p<.01

\*\*\* p<.001

**1999 California Children's Healthy Eating and Exercise Practices Survey**

**Table 73: Physical Activity Factors among California Children Associated  
With Behavioral Theories (Phone Sample)**

<b>Self-Efficacy</b>				
You think you are good at most sports	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met PA Rec
Yes	75	92 ***	78	53 ***
No	25	59	89	25
<b>Activity Preferences</b>				
You would rather play outdoors than watch TV after school or on weekends	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met PA Rec
Yes	89	87 **	82	48 *
No	11	63	75	30
<b>Reinforcement</b>				
Your parents say something nice to you when you exercise a lot	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met PA Rec
Yes	78	85	79	47
No	22	81	90	43
Your parent ask you what school is teaching you about exercise and health	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met PA Rec
Yes	68	90 **	77 *	49
No	32	71	91	40
<b>Social Norms</b>				
Your family exercises together by doing things like going to the park, playing sports, or riding bikes	Percent	Minutes of Physical Activity	Minutes of Sedentary Activity	Percent Who Met PA Rec
Yes	77	87	77 *	47
No	23	75	97	42

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

ANOVA

\* p<.05

\*\* p<.01

\*\*\* p<.001

**1999 California Children's Healthy Eating and Exercise Practices Survey**

**Table 74: School Environment Factors among California Children Associated  
With Behavioral Theories (Phone Sample)**

<b>Environment</b>			
Vending machines at school stocked with candy, chips, and cookies	Percent	Servings of High Fat Foods	Servings of High Calorie, Low Nutrient Foods
Yes	8	0.8	4.9
No	92	1.0	4.2
Vending machines at school stocked with soda	Percent	Servings of Soda and Sweetened Beverages	Servings of High Calorie, Low Nutrient Foods
Yes	16	1.3	4.8
No	84	1.1	4.2
<b>Social Norms</b>			
Your friends at school usually eat healthy foods	Percent	Healthy Eating Practices Score	
Yes	66	2.6	
No	34	2.6	
<b>Reinforcement</b>			
You get rewarded at school for completing activities about nutrition	Percent	Healthy Eating Practices Score	
Yes	51	2.8	
No	49	2.4	

A box around a group of numbers signifies that differences observed within this group are statistically significant.  
ANOVA

\* p<.05

\*\* p<.01